



Karbener Stadtlauf  
Klein-Karben / 10.08.2014

## Detailed evaluation

**Abesser, Martin**

Club: BELC 89  
Number: 1931

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:33:36

Speed: 13.53 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 20 (of 178)

Rank in course/Men: 18 (of 139)

Best time in course: 1:12:14

Rank in category: 4(of 20)

Best time in the category: 1:28:59